

# LAZY DAYS CYCLING TRAIL

## Self-guided cycling Connemara & Mayo 2009



This tour is specifically designed for independent travelers, who wish to cycle less of a distance and spend relaxing lazy days along the way for in-depth explorations of the various cultural and natural attractions of the wonderful Connemara region. Connemara - the western wonderland of Europe, where rugged mountains soar above wild Atlantic beaches. It is also a land of great contrast from mountain to sea.

Daily cycling will range from 30km on low traffic back-roads, the terrain isn't flat, but neither is it hilly, rather a rolling countryside. Accommodation is in wonderful guesthouses and B&Bs or in Hotels, with some dinners included, but all the lunches are left to your own sourcing. Detailed route descriptions, local information and maps are provided.

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|-------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>Duration:</b>        | 8 days (7 nights)                                                                                                              |
| <b>Tour Dates 2009:</b> | ANY DATE (April - Oct)                                                                                                         |
| <b>Level:</b>           | Easy cycling days with average of 35km a day with other options available on most days.                                        |
| <b>Bicycle:</b>         | Touring Bike<br>CANNONDALE UPGRADE €100                                                                                        |
| <b>Equipment:</b>       | Helmets, front handlebar bag, water bottles, bicycle repair-kits and locks.                                                    |
| <b>Accommodation:</b>   | Guesthouse and B&B Or Hotels                                                                                                   |
| <b>Meals:</b>           | Irish breakfasts,<br>2 dinner's (day 4 & 5)                                                                                    |
| <b>Transfers:</b>       | Luggage transfers                                                                                                              |
| <b>Miscellaneous:</b>   | Detailed route notes and maps.                                                                                                 |
| <b>Meeting Point:</b>   | A Killary Tours representative will meet you at your accommodation in Clifden. There is a daily direct bus service to Clifden. |
| <b>Departure Point:</b> | You depart from your last night's accommodation in Westport. There is direct bus and train service daily from Westport         |



### PRICE 2009:

**Price per adult €890.00 per person sharing**

All prices are in EURO, and based on per person sharing. Per person sharing means two people in one room. Single Room supplement is applied when people require a room for themselves as part of a booking of two or more. This is €195.00pp.

If you book for a group of 4 the rate is €809.00pps.



# DAILY ITINERARY

## DAY 1

Arrive in Clifden (there is a direct daily bus service from Galway to Clifden). Warm welcomes and chance to settle in. You will be given your route pack and general information to study overnight. If there is time we will allocate bikes and equipment. Clifden is a colourful small town, also often labeled the capital of Connemara. There are many restaurants where you can choose a lovely evening meal and a nice selection of pubs where often you will find Irish music.

## DAY 2

Your destination today is Roundstone, a small picturesque fishing village. It offers wonderful views over its harbour with the Twelve Bens as background. Cycle along Mannin Bay, with its coralline beach - heaven for the beachcomber - and past Ballyconneely, or shorter if you wish to take the Bogroad, (20km). Roundstone bog is unique in that it is an unspoiled area of bogscape with rare acid loving plants. Stay the night in guesthouse.

## DAY 3

Leave Roundstone after breakfast and meander along the coast of Bertraghboy Bay, passing Cashel and along the coast of the Kilkieran Peninsula to the small village of Carna (36km), situated on one of the many creeks, which indent this wild coastline. Off the coast near Carna is the small St MacDara's island, where there is a beautiful stone-roofed oratory. Boatmen passing this island dip their sails three times in honour of the saint. You will stay the night in Carna in Guesthouse accommodation.

## DAY 4

Continue your journey today leaving Carna and cycling around the Peninsula, which is one of the last areas to speak Gaelic as their first language, passing the small fishing harbour of Kilkieran to arrive in the small hamlet of Glencoh/Screeb (40km). You pass Pearse's cottage, where the author and 1916 leader studied the Irish language. It is open to the public. You will stay the night in private B&B where the landlady of the house will cook your evening meal.

## DAY 5

Cycle away from the coast today, back towards the mountains on a road through lake-strewn moorland to Maam Cross, the meeting point of the roads, and a local sheep market place. Continue on over a low mountain pass to enter the Maam Valley, with fantastic views of the Maam Turks mountain range. From here on the road takes you along Lough Corrib to the small village of Cornamona. You stay the night in homely B&B, where dinner again is served for you. Cornamona is also an ideal centre for fishing on Lough Corrib.

## DAY 6

From Cornamona your cycle will bring you to the shores of the next big lake (Lough Mask). Your route will take you on quite roads through Finny and back through the Maam Valley as you make your way to the village of Leenane. This is wonderfully located at the mouth of the Killary Fjord, which is Ireland's only fjord. You stay tonight in Leenane. Choose your own dinner from the village of Leenane.

## DAY 7

You will leave Leenane village after breakfast. Today's target is the market town of Westport (shortest route 35km). You have a wonderful route by Aashleagh Falls through the Doolough Valley and other options open to you also on quite back roads. Stay the night in guesthouse in Westport. Westport is a wonderful lively town, with many pubs, restaurants and nice shops. Dinner is available in one of the many wonderful restaurants that Westport has to offer.

## DAY 8

Breakfast, followed by tearful farewell and departure!



*Please be aware that the programme given for this tour is strictly intended as a guide only and may not be fully adhered to. Climatic conditions, safety regulations and travel options may subject the programme to changes and/or modifications without due notice, at any time. In such case, Killary Tours reserves the right to make any necessary decisions.*

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